What 14,266 people reported *after HeartMath training.*

Over 17 years, researchers at the **HeartMath Institute** measured people's stress and emotional vitality **before and after** they learned HeartMath — using the Personal and Organizational Quality Assessment - Revised (POQA-R4). These were ordinary working adults learning the HeartMath techniques in workplaces, clinics, and training programs. Improvements showed up in as little as **6–9 weeks** of practice.

1 · What changed overall

Average change across all 14,266 participants for each *POQA-R4 scale* — a group of related questions in the assessment measuring one thing. The scales shown below describe what each set of questions asks about, not conditions being treated. **All six results are statistically significant at p < 0.001**, meaning they are very unlikely to be due to chance.

–17%
Overall stress
How stressed people felt month to month

–17%
Fatigue
Tiredness, exhaustion & poor sleep

–16%
Anxiety & depression
POQA-R4 subscale of Emotional Stress

–15%
Anger & resentment
POQA-R4 subscale of Emotional Stress

–14%
Physical health symptoms
POQA-R4 subscale: self-reported physical complaints

+8%
Emotional contentment
Calm, peace & satisfaction with life

2 · How many people felt this way

Each figure is the **proportion of participants rating each item in the top range of the scale** — "often" to "always" on the POQA-R4's seven-point response set. So 25% → 13% means the share of people who rated that questionnaire item in the top range roughly halved; it is not a measure of clinical severity. These are item-level responses within the scales above, reported descriptively.

Before HeartMath After HeartMath

% of participants rating the item **often to always**

Less anxiety & low mood

Anxious 25% → 13% ▼

Worried 35% → 18% ▼

Sad 12% → 5% ▼

Depressed 10% → 4% ▼

More energy & better sleep

Tired 45% → 25% ▼

Exhausted 31% → 16% ▼

Inadequate sleep 39% → 25% ▼

Fatigued 43% → 23% ▼

Before HeartMath After HeartMath

% of participants rating the item **often to always**

Fewer physical symptoms

- **Body aches** 33% → 19% ▼
- **Muscle tension** 34% → 19% ▼
- **Headaches** 16% → 9% ▼
- **Rapid heartbeats** 9% → 4% ▼

Calmer & less reactive

- **Annoyed** 24% → 10% ▼
- **Get upset easily** 17% → 8% ▼
- **Resentful** 10% → 5% ▼
- **Cynical** 14% → 7% ▼

More of the good stuff, too

- **Feeling calm** 32% → 44% ▲
- **Feeling peaceful** 30% → 44% ▲
- **Optimistic about the future** 63% → 70% ▲
- **Life feels deeply fulfilling** 48% → 59% ▲
- **Grateful** 64% → 72% ▲
- **Good overall health** 62% → 71% ▲

HOW TO READ THIS STUDY

- **14,266 people**, each measured before and after learning HeartMath (Jan 2003 – Dec 2020).
- **Self-reported** survey data; results describe the group as a whole, not any one person.
- **POQA-R4** — the Personal and Organizational Quality Assessment, a widely used personal and organizational assessment. People answer each question on a seven-point scale, from "not at all" to "always."
- **Section 1 — mean scale scores.** Composite scores averaged across all items in each scale, compared pre- and post-training. Significance testing was performed at this level; all reported changes reach **$p < 0.001$**.
- **Section 2 — item-level response frequencies.** Individual items within those scales, reported as the proportion of participants responding in the top range ("often" to "always"). These indicate change in how many participants report an experience at that frequency, not change in severity, and are reported descriptively rather than tested individually.

Source: HeartMath Institute, POQA-R4 Aggregate Matched Pairs report (n = 14,266). Individual results vary. This document reports self-assessed questionnaire responses from a research study; it is not a claim of clinical effect. HeartMath products are intended for stress education and resilience training. They are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease.